

Preparing and Storing Food

1 Dinnertime

Directions: Read or act out the following passage.

It is Friday night at the Lafitte house. Frank and Kathy Lafitte are cooking dinner and their three young children are playing in the living room. The Lafittes have invited their neighbors Marie and Claude Joseph over for dinner. They arrive as the scene opens.

Kathy: [Goes to the front door.] Hi, Marie, Claude. Come in. Come in.

Marie: Hello!

Frank: How have you been? How are your children?

Marie: We're good. The children are with my sister tonight. She agreed to watch them while we came over for dinner. How are your children?

Frank: They're good. They're playing in the living room.

Marie: Good. [Looks toward the kitchen.] Oh, something smells great.

Kathy: That's a new recipe I am trying.

Claude: What is it?

Kathy: I don't have a name for it. It is a stew.

Claude: [Looks in pot.] You are such a good cook. I am always amazed every time I come to visit.

Frank: [Stirs the pot on the stove.] Yes. I love this recipe. It contains lots of vegetables. There are sweet potatoes, eggplant, green peppers, tomatoes, and carrots. Kathy also throws in some raisins to make it sweet and cooks it with some spices and herbs.

Marie: Oh, that sounds great. Will your children eat the stew?

Kathy: Yes. Of course.

Marie: I only asked because my own children do not eat well. They love junk food. They are always eating potato chips, candy bars, and French fries. When I try to get them to eat fruit or something healthy, they just say "yuck" and don't eat it.

Kathy: I used to have the same problem. But I told my kids they could not eat junk food. I don't buy it for them. They used to always cry and beg at the grocery store. Now they are used to it.

Marie: Wow. That's great. Maybe I just need to stop buying so many snacks.

Kathy: Well, I had to do something. My kids have lead in their blood. The doctor told me that if the kids ate nutritious and balanced

meals, then they would not absorb as much lead. He also told me that the effects of the lead in their blood may not be as bad if they eat well.

Claude: I didn't know your kids had lead in their blood. How did that happen?

Kathy: Oh, there was lead dust in this old apartment. The dust came from the lead-based paint. It got on the kids' toys and on their fingers. Then the kids put their fingers in their mouth. You know kids are always putting things in their mouths.

Claude: You are so calm. Aren't you worried?



Frank: We were worried at first, but the amount of lead in our children's blood was low. The doctor told us that if we watch the children's diet and make sure the house is clean, then the kids will be OK.

Claude: Does lead in the home only come from the paint?

Frank: No. Lead can be in drinking water, soil, and even in food.

Marie: How do you keep lead out of your food?

Frank: There are a number of ways we keep lead out of our food. We don't store food in open containers where the dust can collect on the food. We don't use handmade or imported dishes and mugs that can contain lead glazes. Lead from the glaze can get in the food. We avoid cooking with and eating foods stored in cans that may contain lead. We are also careful about eating foods that our friends grow in city gardens. Some food from city gardens may contain lead if the soil has lead in it.

Kathy: Also, we don't wash or cook our food with water that contains lead because the lead will get in the food.

Marie: Wow! You have to do so much to keep lead out of your food. There seems to be no way to avoid lead.

Kathy: Well, if you carefully prepare and store your food, then lead will not get in your food.

Frank: I agree with Kathy. The changes we have made are small. They do not take much time and they do make a big difference. The changes are now part of our everyday life. We are used to it.

Kathy: [*Lifts the stew pot off the stove.*] So, are you still hungry?

Marie: Of course.

Kathy: Well, let's eat.

Frank: [*Shouts into the living room.*] Hey kids! Everyone to the table!

2 Vocabulary

Directions: Review the vocabulary words below and define each using simple English terms.

recipe(s) (n.)	cook (v.)
invite (v.)	neighbor(s) (n.)
stew(s) (n.)	vegetable(s) (n.)
sweet potato(es) (n.)	green pepper(s) (n.)
tomato(es) (n.)	carrot(s) (n.)
raisin(s) (n.)	spice(s) (n.)
herb(s) (n.)	junk food (n.)
potato chip(s) (n.)	candy bar(s) (n.)
French fry(ies) (n.)	fruit (n.)
grocery store (n.)	lead (n.)
blood (n.)	absorb (v.)
nutritious (adj.)	dust (n.)
finger(s) (n.)	mouth(s) (n.)
curious (adj.)	naturally (adv.)
worry (v.)	paint (n.)
calm (adj.)	soil (n.)
hungry (adj.)	dish(es) (n.)
mug(s) (n.)	handmade (adj.)
imported (adj.)	glaze(s) (n.)
prepare (v.)	store (v.)

3

Review and Discuss

Directions: Review “Dinnertime” and answer the following questions.

1. What are Frank and Kathy Lafitte making for dinner? What are some of the ingredients? _____

2. What kinds of food do Marie Joseph’s children like? _____

3. Why do the Lafitte children eat nutritious meals? _____

4. How did the Lafitte children get lead in their blood? _____

5. Where can you find lead in the home? _____

6. How does lead get into food? _____

7. How do Kathy and Frank protect their children from lead? _____

4 Topics for Discussion

Directions: Discuss your favorite foods. Answer the following questions.

1. What are your favorite foods? _____

2. What are your favorite meals? _____

3. Do you like to cook? Why or why not? _____

4. Do you think you are a nutritious eater? Why or why not? _____

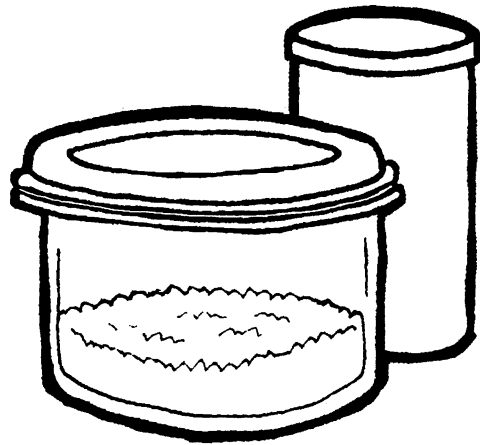
5. Do you worry about chemicals, like lead, getting in your food? Why or why not? _____

5 Keeping the Lead Out of Your Food

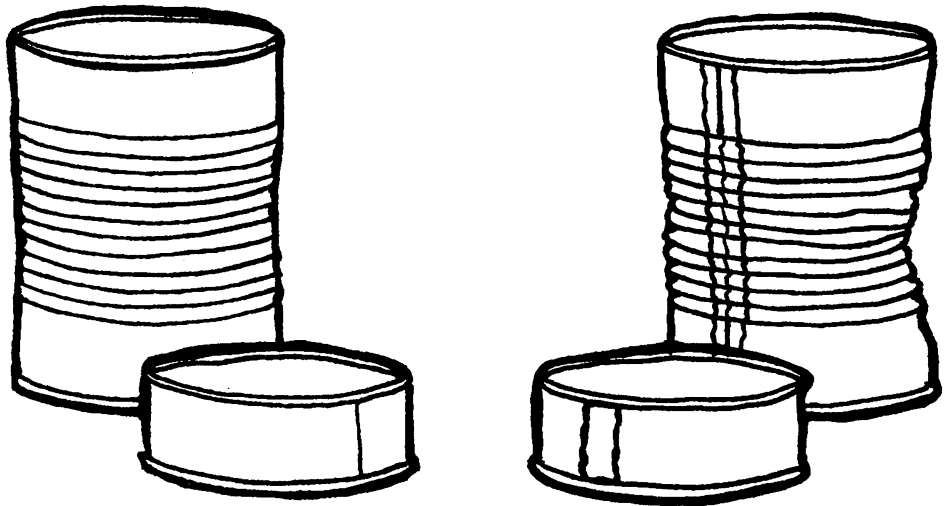
Directions: Read the recommendations below. Do you practice these steps?

There are several things you can do to decrease the amount of lead in your food.

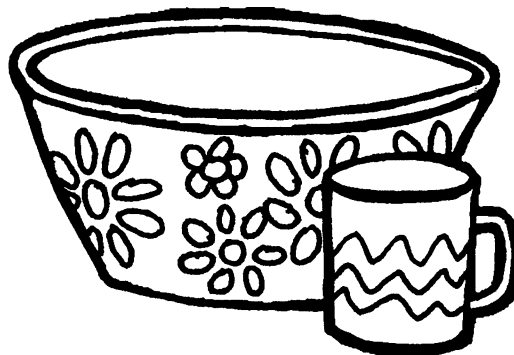
Store food in closed containers (containers with lids) to keep the lead dust out.

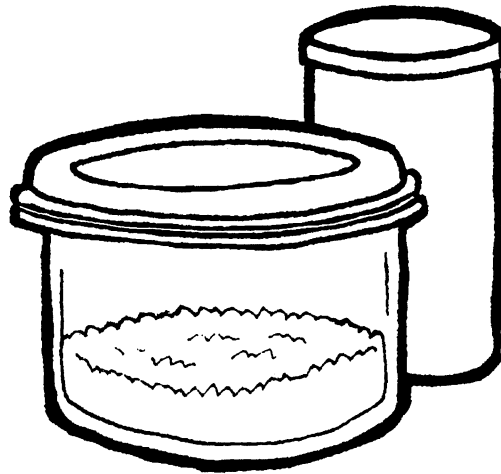


Buy cans without side seams or with narrow seams and blue/black lines. Cans with wide or dented seams usually contain lead.



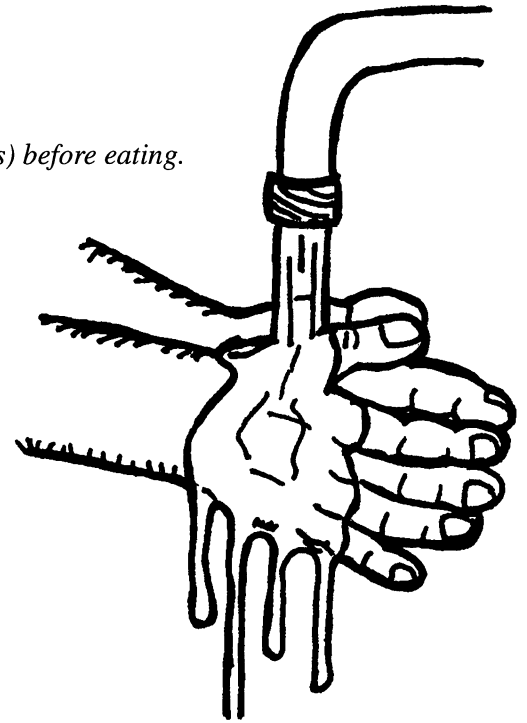
Test dishes and mugs for lead, especially brightly colored, imported, or handmade dishes.



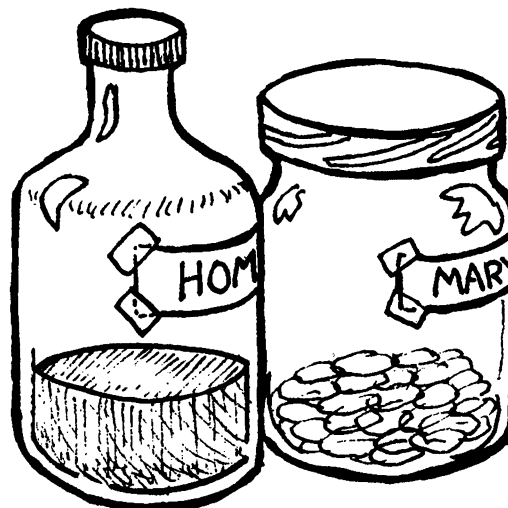


Store food only in unpainted glass or plastic, not in pottery or painted dishes.

Wash hands (especially children's hands) before eating.



Be aware that some home remedies may contain lead: Alarcon, Alkohl, Asarcon, Bala Goli, coral, Ghasard, Greta, Kanduu, Kohl, Luiga, Maria Luisa, Pay Loo-Ah, Rueda.



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Planning a Healthy Menu

Directions: Review the words below.

A well-balanced diet contributes to good health in many ways. In fact, foods that are high in calcium, iron, and vitamin C can help reduce the amount of lead children absorb when they are exposed to lead in the home. On the other hand, your child should eat less of the foods that are high in fat and oil, because these foods let the body absorb lead more easily.

Foods that are high in iron

- ✓ Liver
- ✓ Lean meat
- ✓ Tuna fish (*packed in water*)
- ✓ Eggs
- ✓ Raisins
- ✓ Spinach
- ✓ Collards
- ✓ Chard

Foods that are high in calcium

- ✓ Milk
- ✓ Cheese
- ✓ Cottage cheese
- ✓ Yogurt

Foods that are high in vitamin C

- ✓ Fruit and fruit juice
- ✓ Bell peppers
- ✓ Tomatoes
- ✓ Potatoes and sweet potatoes
(*cooked in their skins*)

Foods that are high in fats and oils

- ✓ Butter
- ✓ Oil
- ✓ Lard
- ✓ Margarine
- ✓ Potato chips
- ✓ Corn chips
- ✓ French fries
- ✓ Fried foods

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Writing Assignment

Directions: Write a five-day menu that includes breakfasts, lunches, and dinners. Try to include foods high in calcium, iron, and vitamin C.

Let's say the doctor told you that your children have lead in their blood. He or she also recommended that you feed your children nutritious meals to reduce the amount of lead absorbed into your children's blood. He or she said to make sure that the children's meals contain many foods high in iron, calcium, and vitamin C. The doctor also said to avoid junk food and food with a lot of fat and oils. Based on what the doctor told you, plan a five-day menu that includes breakfasts, lunches, and dinners for your family.

Five-Day Menu		calcium	iron	vitamin C
Monday				
Breakfast				
Lunch				
Dinner				
Tuesday				
Breakfast				
Lunch				
Dinner				
Wednesday				
Breakfast				
Lunch				
Dinner				
Thursday				
Breakfast				
Lunch				
Dinner				
Friday				
Breakfast				
Lunch				
Dinner				

